

13 Moons Program

MIINI GIIZIS – BERRY MOON

6TH Moon Lesson – July

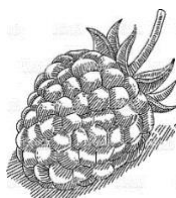
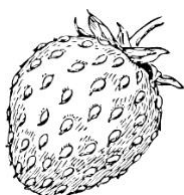
ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Miini Giizis	Mee-nih-gee-zis	Berry Moon
Ingodwaaswi	Ing-go-dawh-swih	Six
Beshik	Bay-shik	One
Niizh	Neezh	Two
Nswe	Ni-sway	Three
Miin/Miinan	Meen/Mee-nun	Berry/Berries
Ode'min	O-day-ih-min	Strawberry
Miskomin	Miss-koe-min	Raspberry
Asasawemin	Uh-suh-suh-way-min	Chokecherry
Bagesaan	Bug-gay-sahn	Plum

*In the White Earth Indian Community, the 13th Moon is called Berry Moon. What is the name for the 13th Moon in your community? Who would you ask to find out?

Miinan (Berry) is our Relative

Berry nutrition info:

- Blueberry syrup can be used to relieve coughs (antioxidants, Vitamin C)
- Blueberry leaves can help relieve inflammation in kidneys, bladder, and the prostate; lower blood sugar levels
- Strawberries have more Vitamin C, by weight than grapefruit and oranges
- Fresh strawberries remove discoloration on teeth
- Raspberry leaves can help relieve a bee sting, and can be used as a wash for wounds; can also treat lung congestion
- Raspberry leaves are traditionally used in pregnancy/labor (strengthen the uterus)



Activities:

- Practice counting skills in English and Anishinaabemowin by counting berries in a bowl
- Go outside foraging and pick berries together
- Try adding different berries to a variety of foods to make sweet meat, smoothies, muffins, salads, and more
- Be creative and paint on paper using the juice of berries. You can also Tie dye shirts this way

Recipes to Try:

Make your own healthy “Cool-Aid” drink by infusing berries

Materials: Drink pitcher or large mason jar, water, berries (a single kind or mix them to try different flavors), you may also add other fruits and veggies, such as oranges, lemons, apples, watermelon, cucumbers, mint leaves. Experiment to find interesting new flavors. To sweeten the drink in a healthy way, use a couple of tablespoons of real maple syrup; for children over 1 year- you could also use a tablespoon of real honey.

Gather your ingredients:

- 1-2 cups of fresh blueberries (more if you use a larger pitcher)
- 20 oz. cold water
- Optional: add a tablespoon of maple syrup or honey for a sweeter taste or lemons for a more sour taste, both are refreshing

Instructions:

1. Place blueberries in jar or drink pitcher
2. Add water and cover with lid
3. Place in fridge and let sit 30 minutes or overnight
4. You can refill your jar as many times as you want throughout the day

Berry Parfait: This is a great way to eat calcium rich yogurt and pack it full of additional vitamins and minerals

Gather your ingredients:

- fresh blueberries
- yogurt
- Optional: Granola

Instructions:

In a cup, add several spoonfuls of yogurt, then add a layer of berries, spoon more yogurt on top of that, and more berries. Repeat until you reach the top of your cup or have two or three layers of fruit and yogurt. On the very top, you can add some crunchy granola to add more flavor and healthy fiber.

For more 13 Moons recipes, also check out these videos: <https://www.itcni.org/13-moons-curriculum/>